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ORIGINAL MOVIE STAR KINGSLEY TO PLAY ONE OF WORLD'S FIRST FILMMAKERS (page 9)



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Tuesday, November 22, www.metronews.ca



News worth sharing.





Stars outshine the Oilers

Toby Petersen, Steve Ott and Michael Ryder each scored goals, and the Dallas Stars ended a five-game losing streak with a 4-1 win over the Edmonton Oilers last night. Story, page 23.

Province hints at bringing back health premiums

Discussion comes as legislature begins fall sitting

Talk of a return to health-care premiums is making the rounds as the province grapples with its redinked budget in the midst of a tumultuous global economy.

The province says in secondquarter financial numbers released vesterday that it expects to finish the 2011-12 fiscal year next spring with a \$3.1-billion deficit — close to what it had forecast in the budg-

The revised numbers are a big shift from three months ago, when officials predicted oil leases and strong oil prices meant the deficit would be almost \$2 billion less than the \$3.4 billion predicted last

Deputy premier Doug Horner and Finance Minister Ron Liepert said the goal is still to balance the budget by 2013-14, as promised by Premier Alison Redford, without sharp budget cuts that occurred under former premier Ralph Klein

Wildrose criticism

- Deficit. Wildrose party critic Rob Anderson said the government is running a deficit because it can't manage its money.
- Tax increases, "Albertans are telling us that they're not interested in tax increases," said Anderson. "Clearly no one wants '90s-style, deep, five per cent, across-the-board cuts, but what they are looking for is commonsense austerity."

in the early 1990s.

Both mentioned that recent roundtable discussions with selected citizens indicated the province should look at new "revenue streams," including a return to health-care premiums.

Those premiums, worth as much as \$1 billion to government coffers, were abandoned under former premier Ed Stelmach in 2009.

Opposition critics said Liepert and Horner are laying the groundwork to bring the fees back, but Horner said their return isn't a specific target, just a point of discus-

"We're not taking anything off the table except a sales tax — and the reality is that's what Albertans have told us

NDP Leader Brian Mason said a return to health premiums would cost a family \$1,000 a year and hammer middle and low-income earners.

One way or the other, the writing is on the wall for Alberta's neediest, he suggested. "If you're going to balance (the budget) by cutting, you're going to have to balance it in the area where the government spends the vast majority of its money, and that's in health and education." THE CANADIAN PRESS







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the code for the story.

On the web at metronews.ca

There's plenty of good economic news to be found these days, says Allan Small, and investors should be paying attention to it. More at metronews.ca/investing



More than 1,200 tickets during first parking ban

City bylaw officers ticketed cars before and after streets were plowed
 Stricter enforcement possible in future if compliance not reached



It was zero tolerance over the weekend, as the city enforced its first seasonal parking ban.

The ban, for residential bus routes, was declared 7 a.m. Friday and lifted 7 p.m. Sunday, culminating in 1,278 tickets — even on roads already clear of snow.

"As long as the ban was declared, we were enforcing," Erin Blaine, parking enforcement co-ordinator, said yesterday.

That puzzled Coun. Amarjeet Sohi.

"If they were parked there prior to plows coming and they had to go around them," he said. "But there's an issue with ones parked after plows clear it."

But Bob Dunford, director of roadway maintenance, said it would be difficult to say "what areas have been released and what hasn't."

"The faster we can get the residential bus routes

Worst offenders

- The nearly \$64,000 from the tickets (at \$50 each) will go into general revenue for the city.
- Blaine said downtown housed the worst offenders

done, the more quickly we can lift the parking ban," he said.

A total of 45 vehicles were requested towed, but only seven were.

"When people see parking enforcement in front of Friday, while issues in the northeast, west and southeast were noticed Saturday. Roadways around the Misericordia Hospital and

Roadways around the Misericordia Hospital and townhouses in the northeast were problem areas, according to Dunford.

their house, they move fast," said Blaine.

Residential blading began Sunday, and was nearly 25 per cent done after one day. A neighbourhood schedule can be found online at edmonton.ca.

Priest charged in historic sex assault case

A Catholic priest is facing sex-related charges in Edmonton that go back more than 35 years.

Police say Father Eric Dejaeger is being transferred to the city from the Baffin Correctional Centre in Nunavut.

Dejaeger who is 64, was returned to Canada from his Belgium residence last January on outstanding sexual-assault charges in the territory. Edmonton police say they received a complaint in April about an alleged encounter with Dejaeger in 1975.

THE CANADIAN PRESS

Crown wants 14 years for hostage taker

The Crown wants a 14-year sentence for Patrick Clayton, 40, who held nine people at gunpoint inside the Workers Compensation Board in 2009.

At a sentencing hearing yesterday, the Crown called Clayton high-risk, dangerous and reckless, asking that the hostage taker serve half his time before becoming eligible for parole. Defence lawyers want two years in jail and three years' probation.

Clayton pleaded guilty earlier this month to taking a hostage, possession of a weapon and pointing a firearm. The judge will give his decision this afternoon.



It's official: Melcor files complaint about occupiers

Company calls on police to remove protesters camped out since Oct. 15



Despite the fact that an official complaint has been lodged, Edmonton police are still hoping for a peaceful resolution between Melcor and Occupy Edmonton campers.

Between 10 and 20 pro-

testers remained camped on private land at 102 Street and Jasper Avenue.

"We've handed it over to the police," company CEO Ralph Young said yesterday. "We filed last night just after 11 p.m."

The company set an eviction time for Sunday, but occupiers defied the notice.

And while police chief Rod Knecht said a court order isn't needed to remove the protesters, he's hoping to do so "without any confrontation."

"But the situation is fluid," he said. "It could change at any time."

A meeting between all parties yesterday was disappointing, spokesperson Mike Hudema said.

"It seems Melcor is pushing for the end result to be a forced eviction," he said, adding that his group offered to sit down with a mediator, but were denied.

They were to vote last night on whether to stay on or strike camp and find another site.



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Occupy campers told to pack up and leave

◆ Activists in many locations vow the movement will live on, perhaps in some other incarnation ◆ Some protesters plan 'flash occupations'



The pan-Canadian wall of corporate resistance erected by Occupy protesters five weeks ago was crumbling yesterday as camps in several major cities were dismantled or told by the courts staying put was futile

The day began with a judge in Toronto decreeing protesters in a city park were trespassing. It saw Vancouver's activists feverishly tear down their minivillage before some relocated across the street

at the courthouse. And it closed with the mayor of Montreal for the first time asking his city's group to vacate.

Protesters in Ottawa were also handed their notice of eviction.

London, Halifax and Saskatoon camps were cleared earlier in the month, while most protesters in Victoria have headed home. The Edmonton camp was still up despite a midnight Sunday deadline to tear down from a develop-

"Anarchism has a long political history. But Canada has not chosen anarchism."

ONTARIO SUPERIOR COURT JUSTICE DAVID BROWN

ment company that owns the park.

Tents were pitched in Canada on Oct. 15 in solidarity with a protest that began a month earlier on Mahattan's Wall Street, decrying the world's concentration in the hands of rich elites.

Protesters were weighing their options in Montreal and Toronto, as individuals considered whether to risk police reprisals.

In Vancouver, a small number of city workers sporting neon vests moved in with a modest-sized frontloader to assist protesters who scurried about outside the art gallery clearing away their gear.

THE CANADIAN PRESS

We paid \$1,650 to remove a bed at G8 summit

Canadian taxpayers forked out almost \$2 million — including more than \$1,600 to remove a bed — to spruce up a luxury Muskoka resort for last year's G8 summit.

The renovations included \$500 to remove a small light fixture from one room and \$3,000 to raise a large chandelier in the main lobby of Deerhurst Resort.

The Harper government picked up the tab, which also included \$1,540 to move furniture in rooms used by the German delegation and \$1,650 to remove a king-sized bed and headboard from a room used by the French delegation. THE CANADIAN PRESS

No details

- Departmental spokesperson Natalie Pennefather said "full and complete documentation" was required before the government finalized payment for any of the work done at Deerhurst. She said such records were "only available" through Access to Information.
- Yet a subsequent access request for all receipts related to the \$1.9-million renovation tab produced nothing close to full and complete documentation.

 Only the \$95,000 worth of renovations to office

PRISON PROBLEM

Unwanted friend requests

Lisa Gesik hesitates to log into her Facebook account nowadays because of unwanted "friend" requests, not from long-ago classmates but from the ex-husband now in prison for kidnapping her and her daughter.

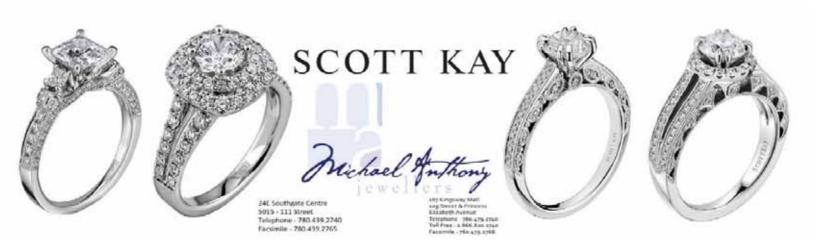
Neither Gesik nor prison officials can prove her ex-husband is sending her the messages, which feature photos of him wearing his prison blues and dark sunglasses, arms crossed as he poses in front of a prison gate. The Newport, Ore.,

spaces were detailed.

The Newport, Ore., woman is afraid and, as the days tick down to his January release, is considering going into hiding with her 12-year-old daughter. "It's just being victimized all over again," she said.

Across the U.S. and beyond, inmates are using social networks and the growing numbers of smartphones smuggled into prisons and jails to harass their victims or accusers and intimidate witnesses.

THE ASSOCIATED PRESS



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((WIRELESSWAVE))







EU plans to ban shark finning

The EU's executive arm yesterday said that it wants to completely ban shark finning — the practice of removing sharks' fins and throwing the finless creatures back into

the sea to die.

Under the proposal approved by the European Commission, all boats in EU waters — and EU-registered boats anywhere in the world — would have to land sharks with their fins attached.

The law, should it go into effect, would primarily affect fishing vessels from Spain and Portugal.

THE ASSOCIATED PRESS

Canada adds to Iran sanctions

Curbs aimed at preventing Tehran's nuclear weapon goals

Canada joined Britain and the United States in announcing additional sanctions against Iran yesterday, as the three countries stepped up pressure on Tehran to end its nuclear-

weapons program.

The United Nations International Atomic Energy Agency in Vienna warned two weeks ago that Tehran was more than likely on the way to acquiring nuclear weapons and pointed to several troubling signs.

House leader Peter Van Loan told the Commons that Canada would expand previous sanctions to block "virtually all" transactions with Iran's central bank.

"We will do what it takes to isolate the regime and to minimize the risk that it poses to global peace," he said.

In July 2010, Canada imposed sanctions on Iran under the Special Economic Measures Act, aimed at restricting Iran's nuclear program.

A U.S. official told The Associated Press earlier yesterday the Obama administration would hit the Iranian economy with new sanctions.

THE CANADIAN PRESS



EGYPTIAN CABINET QUITS

PROTESTERS STILL WANT MILITARY OUT OF POWER

Egypt's army-appointed government handed in its resignation yesterday, trying to stem a spiralling crisis as thousands of protesters in Cairo's Tahrir Square clashed for the third straight day with security forces in violence that has killed at least 26 people and posed the most

sustained challenge yet to the military's rule.

The crowds in Tahrir broke out into cheers with the news of the cabinet's move. But there was no sign the concession would break their determination to protest until the military steps down.

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Canadians overworked, out of balance: Study

• Mental health conditions the top cause for shortand long-term disability claims, researchers find

Workload complaints have reached staggering proportions among Canadian employees, a global research firm said yesterday.

Nearly nine in ten employers — 89 per cent — reported heavy workload as a complaint among staff, results of a Towers Watson study show.

A similar study by the same firm two years ago found 64 per cent of employers reported excessiveworkload complaints among staff, a difference of 25 percentage points.

'Most organizations report that employee stress is a major and growing business issue," the latest results also show, comparing results to surveys done every two years for the past 16 years on the health and productivity practices of North American compa-

"Canadian respondents cited excessive workloads, lack of work/life balance, unclear or conflicting job expectations and inadequate staffing as top sources of workplace stress," concludes the study.

As firms look to combat stress, disability and absenteeism, some are considering pay bonuses to workers who engage in fitness and health-management programs, the survey found.

"One-quarter of Canadian employers are planning to offer some type of financial reward in 2012, up from 13 per cent who currently do so," the study

The survey was complet-

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ed by 335 human resources and health benefit managers at companies with 1,000 or more employees.



BERLUSCONI RELEASES ALBUM OF LOVE SONGS

'IN ITALY, I AM THE ONE WITH THE PEST NOW'

Former cruise-ship crooner, flamboyant billionaire, now ex-Italian prime minister Silvio Berlusconi kickstarts a new career by going back where it all be-

gan: the music industry.
All the 11 "elegant and refined songs" in his newest release Il Vero Amore (True Love), are written in Neapolitan dialect by Berlusconi and arranged by folk-singer Mariano Apicel-

Over the past decade, Apicella has been invited to the former PM's luxury retreat in Sardinia. Now, he admits, "people look at me as if I was infected with a plague."

What's it like having Silvio Berlusconi as a sidekick for your album?

The premier, who is from Milan, has the rare privilege of being comfortable even with the hardest words of the Neapolitan dialect. ... He's got natural talent: he could write a song in five minutes or even at night.

From the streets of Naples to Berlusconi's villas, your musical collaboration goes far beyond the studio albums.

I have a one-year contract with him. I work on call: he summons me and sometimes we play together at his parties. They were absolutely normal and decent dinners.

Becoming Berlusconi's personal serenader must be a tough iob.

Even if you are Frank Sinatra or Pavarotti but vou are friends with Berlusconi. people look at you as you were a "chiavica" ("rubbish").

Your music career owes a lot to Mr. Berlusconi: aren't you afraid that it will fade away with his political adventure? I don't believe he will ever quit his political career. He's not a quitter, he cannot stand inactivity. **♠** LILLO MONALTO MONELLA METRO WORLD NEWS IN ITALY



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SUNDAY BEST: AN ODE TO BRUNCH

SHF SAYS ...

IESSICA NAPIER METRO



cake House. Sweatpants were the dress code and if my bill came to more than \$6 after tax and tip I was doing something

After I graduated and moved off campus into a grownup apartment something happened: I stopped eating

breakfast and started going for brunch.

If you're unfamiliar with the most delicious portmanteau in the dictionary, brunch is that sweet spot between breakfast and lunch. It isn't just a meal; it's an epicurean event. Brunch is a hungover server's worst nightmare and arguably the most civilized part of my week.

To become a person who brunches (it's also a verb now), you must develop a whole new attitude toward the late-morning meal.

"I don't raise an eyebrow at the outlandishly overpriced menu items; I eagerly hand over \$20 for deconstructed French toast or huevos rancheros. I mean, this isn't just your run-of-the-mill bacon and eggs — it's brunch."

When I go for brunch, I expect to wait at least 45 minutes for a seat because, naturally, any restaurant worth going to doesn't take reservations. When I finally sit down. I order three different beverages - ice water, an Americano and a mimosa - to combat my dehydration, fatigue and hangover, respectively. I don't raise an eyebrow at the outlandishly overpriced menu items; I eagerly hand over \$20 for deconstructed French toast or huevos rancheros. I mean, this isn't just your run-of-the-mill bacon and eggs — it's brunch. If my buttermilk

pancakes have berries in them, I want those berries

hand-foraged from a local bramble and soaked in cassis for three days. I don't want sausage; I want chorizo. I don't want toast; I want fresh-baked focaccia seasoned with rosemary and sea salt. Why is that Bloody Caesar in a regular glass — shouldn't it be in a decorative mason

I probably shouldn't be this high-maintenance when it comes to breakfast. I really can't afford to care this much about where my fruit garnish came from and whether the chicken that hatched my egg-white omelette was raised on an organic diet.

Yes, I could make these meals at home, saving myself money and the hassle of this so-hip-it-hurts ritual. But, as gratuitous as it is, brunch has become an integral part of my weekend routine.

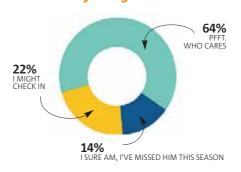
One day a week I give myself licence to be completely pretentious about waffles and consume 1,200 calories before noon. Let's face it: Sunday just can't happen until I've had some hollandaise.

••••• Read more of Jessica Napier's columns at metronews.ca/shesays



Register at metropolitanpanel.ca and take the quick poll

Will you be watching Sidney Crosby's return to hockey tonight?



Local tweets



@caitlyn **780:** To the idiot at burger kina drive thru

who yelled at the cashier over 10 cents and held up the line YOU ARE PATHETIC @CopperTopper_85: Grey skies are rolling in....yet no precipitation in the forecast. Maybe it's just night.

- @Cst Lee: At an assault but the guy tossed a drill bit at the other guy first. So I say: Keep your bits to yourself! #EPS #YEG
- @5arenk: Oh -10, how we missed you #yegweather @PrairieboyAlex: The guy
- good boy in prison (Plus time served). #YEG @badchap: Back in #yeq and back to work. It is nice

who took people hostage

at the WCB building could get 14 years max. 7 if he's a

- to be home even though weather sucks.
- @westersund: Apparently not everyone knows, so here you go: The arctic dipole anomaly leads to colder winters as a result of global warming. #wx #yeg
- @NadineMBailey: So who's going to jump ship from the Alberta Liberal party next???? I'm takin bets!!!! #placeyourbet #YEG #yyc

Worth Mentioning

RESTROOM LAURELS.

Toronto restaurant e11even has been named the best in Canada — not for the food but for the loo.

The upscale downtown dining spot won the second annual "Canada's Best Restroom" contest conducted by Mississauga, Ont.-based Cintas Canada Ltd., a provider of hygiene products.

Thousands of votes were cast on the contest's website, Cintas said.

With marble from floor to ceiling and elegant mosaic tile accents, e11even's washrooms flushed away the competition.

In second place was Allstream Centre in Toronto, followed by Hotel Le Germain in Montreal, David Morris Fine Cars in Edmonton and the Ottawa Convention Centre.

'We are thrilled to receive this honour,' said e11even general manager Steven Salm. "While it may not always be top of mind when dining, we feel that the restroom is an integral part of the overall design. THE CANADIAN PRESS

photo of the day

▶ This photo titled Haló? was submitted to the Photo of the Day category by Martina Teislerova from Czech Republic.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until today. As well as a chance to win a trip to any city Metro publishes, submissions will also be featured here.

Pint-sized with monster drive

Kaid Jaret Olson-Weston is strapped into a 1,270-kilogram half-scale monster truck, humming playfully as he waits for the green light.

KJ, as he is known to his fans sits patiently as he and his coach go over the safety features in his truck.

The roll cage is lowered. KJ starts the engine and jumps over humps of dirt before crushing a

beat-up car. He spins the truck — and its 90-kilogram tires — clockwise, then backwards, leaving behind a cloud of dust in its tracks at his training centre in Ocala, Fla.

Despite these feats, KJ can barely see over the steering wheel. At eight years old, he is the youngest monstertruck driver.

KJ performs across the U.S. at about 60 different shows every year. He signs hundreds of autographs at each show, but still considers him-

self an average kid. "I do really good in school and am able to drive this, which people think it might be hard but it's actually pretty easy," he

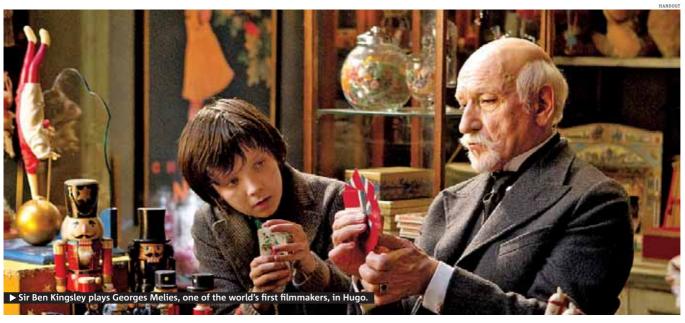
said. THE ASSOCIATED PRESS



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Kingsley keeps it simple

• Actor Sir Ben Kingsley talks about the importance of understatement when filming in 3D





Last year he played a mysterious doctor in Martin Scorsese's Shutter Island and now Sir Ben Kingsley partners up once again with Marty as he affectionately calls him, but for lighter fare. In Hugo, Kingsley plays one of the world's first filmmakers, Georges Melies, who directed A Trip to the Moon and hundreds of other silent films in the early 20th century. Kingsley gave Metro a few moments of his undivided attention to chat about the

3D filmmaking of Hugo and his upcoming film, The Dictator.

George Melies' film A Trip to the Moon is one of the most iconic early films ever made. Do you remember where and when you first saw it?

I don't remember when it was but I do know that when I was at school, it was a great school and it had a film society. We were able to watch some of cinema's masterpieces that came from way back. I know that we watched Fritz Lang films, Eisenstein films, and I think in and amongst them was The Trip to the Moon because I know I'd

seen it before I got [Martin Scorsese's offer.

Did shooting in 3D for Hugo affect your performance at

Yes. The 3D camera brought a kind of bonus where it was detail, detail, detail, very little CGI, which fed our performances tremendously and kept us in character beautifully. Also, the scrutiny of a 3D camera is quite alarming. I noticed fairly early on that the 3D camera can see what you've done before you've done it. It's so scrutinizing. It's x-ray. You can see the most delicate changes of body language

and facial expression, almost pulse and heartbeat. One thing that 3D camera insisted on was, "don't try to act. Don't show off. Don't be clever." Of course, Mr. Scorsese would also say, "keep it simple. Keep it honest.'

On the set of Hugo you were known for staying in character as Melies in his later vears, when he was quite cranky and withdrawn. How did your young co-stars Asa Butterfield (Hugo) and Chloe Grace-Moretz (Isabelle) react to that?

Staying in character for me

to strap on this pot belly and I had to strap on this hump in my shoulders to have this depressed body. I'm more like the [younger] Georges directing in the glass house. I felt, it was going to be a huge effort to take all this off so I thought, "I must stay in character." Even though he was a sad man and somewhat defeated, I quite enjoyed that I had to stay in character. Then I learned to capitalize on it. I started speaking to both [Moretz and Butterfield] in French. I found it fed the work so that by the time, whenever Marty said 'action' to Asa, he was al-



scene

Scene in brief



taries from Werner Herzog, Errol Morris, Morgan Spurlock (shown) and Steve James have missed out on a shot at the Academy Awards. Herzog's Into the Abyss, Morris' Tabloid, Spurlock's The Greatest Movie Ever Sold and James' The Interrupters did not make the short list of 15 documentaries eligible for the feature-length prize. THE ASSOCIATED PRESS



was almost mandatory. I'm quite fit and slim but I had ready dealing with me.



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Dear JLo: Please put your pants back on

• We have seen enough to know that we have seen too much

THF WORD

DOROTHY ROBINSON



Jennifer Lopez is ridiculous. I put up with her Fiat commercials. I admit I was a little thrown

when the car appeared in her Papi music video (and a 30-second trailer for the video) but I dealt with it. But did a Fiat 500 really have to appear onstage with her during her performance of Papi during Sunday night's AMA's?

It's just that everything lately with the celeb has



been so in-vour-face. I realize she is trying to stage a comeback and is trying to refill her bank account, but it's reaching saturation point (like, what was up with that skintight Britney Spears-esque bodysuit she

was wearing at the AMA's? We get it. You're 42 and still super hot but come on, put some pants on. You're a mom now; you can be sexy without showing off your

She is acting like a slutty

reality TV contestant instead of the true star she is.

Another case in point? She was sure to leak her behaviour at a celebrity-packed AMA after-party to Us Weekly. The magazine reported that Lopez retreated to a private booth with her new boy toy, dancer Oscar Smart, where she was seen grinding on his lap, rubbing his head and kissing him.

This isn't to say that Lopez shouldn't have a good time now that she's single and on the prowl. She gets a hearty "you go, girl!" for that. But she should do so within reason. And, for God's sake, leave your endorsements of Fiat for the commercials.



What's the **Biel with** Timberlake?

Jessica Biel and Justin mont, according to People Timberlake continue to that rumours they're back together.

The pair reportedly stuck by each other's side at a dinner Biel hosted recently at the Chateau Marmagazine.

Biel and Timberlake sat together, shared food and were "very sweet" to each other during the intimate dinner, sources say.

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www.norquest.ca/coned/businesscareers/officepro.htm



Attempt to drive away divorce?

Just before Demi Moore announced she was divorcing him, Ashton Kutcher reportedly made a last-ditch effort to save their marriage by buying her a brand new car, according to TMZ.

Sources say Kutcher spent upwards of \$100,000 for a 2012 Lexus, ordering it Nov. 9 — two days before Moore's birthday. It's unclear if Moore accepted the gift or if Kutcher had to re-

Celebrity tweets



Without American

thanksgiving to hold it back, Paris is very close to becoming Christmas city y'all. And it's not even December.

I got really excited about **Christmas and** bought all the holiday flavored

coffee creamers at the

We do not stop playing

because we are old, We grow old

because we stop playing.



don't get it, man." -my body fat, whenever I

"You iust

attempt

She's back to the Brits

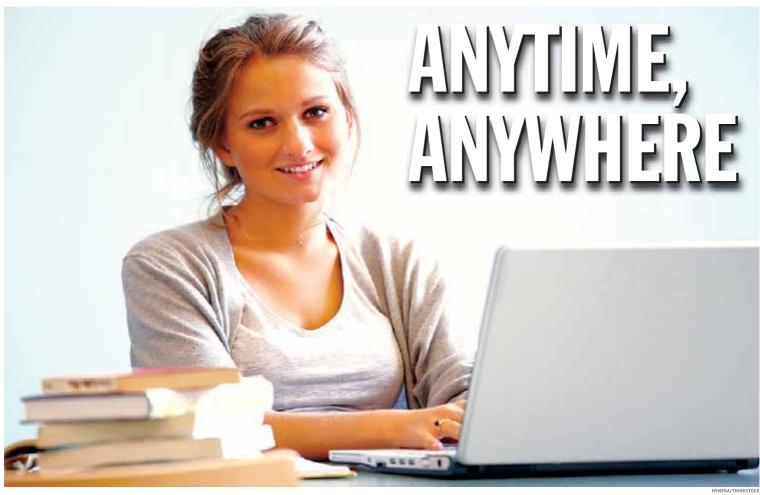
After her year of college in the U.S., Harry Potter star Emma Watson is happy to be back in the U.K. studying at Oxford University.

"It's really nice ... just to have that steady routine and back being home, being around people I love and doing what I love,'

Watson tells People maga-

"I'm studying and really excited about my next projects. I can't really talk about them right now, but I am going to try and fit in some film projects next year in between school."





ONLINE LEARNING BECOMING AN INTEGRAL PART OF ALL COLLEGE COURSES

The vast physical expanses of Canada are steadily shrinking for students as online learning streams ever deeper into campus life.

Lori Wallace, dean of extended education at the University of Manitoba, says online learning is booming and becoming an integral part of all courses. Eight per cent of U of M courses are available online and more than 20 per cent of undergrad students took at least one online course last year.

"It's become part of the teaching-learning experience," Wallace says.

At the cutting edge, post-secondary institutes are

driving distance learning content from desktops to mobile devices, but there are problems with cramming an entire campus into a handheld device.

"How do we design courses that provide the interactivity and rich learning experience that we can provide online on a mobile device? It is increasingly anytime, anywhere," she says.

Al Brady is the executive director at Ontario Learn, an organization of 22 colleges.

He says distance learning has grown by 15 per cent each year for the last few years up to its current roster of 67,000 students taking 1,300 courses in Ontario.

PRACTICAL COURSES

For colleges, practical courses are booming. Ontario Learn reports strong growth in nursing, library science and apprentice courses such as electricians. The courses require an in-person element, but much of the work can be done virtually. Organizations like the Canadian Virtual University (cvu-uvc.ca) expand the reach of academic online learning.

Brady says colleges are drawing a lot of middleaged people who were laid off in the recession, or who worry about being laid off in the future, and want to retrain.

The second big contingent is younger students who have a university degree, but find themselves needing more practical skills to land a good job.

"They're often working several part-time jobs as well as going to school, so the classroom doesn't work for them, but online works excellently," he says.

-Jon Tattrie



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THERE'S A COURSE FOR THAT

NAIT PROGRAM APP-EALING AND IN DEMAND

The mobile app market is growing exponentially. That means there is a huge demand for people who can develop apps for mobile devices.

Edmonton is now home to a unique program that teaches students to keep up with this demand. NAIT's Computer Training Centre (CTC) launched the Apple iPhone/iPad Developer Certificate in March, teaching students to create applications for the iPhone, iPad and iPod Touch.

With its emphasis on iOS application — that is, applications running on Apple's mobile devices — the program teaches students to develop proper programming practices and an understanding of the Apple programming philosophy. Students also learn the



NAIT PHOTO

rules and restrictions that govern their App Store.

Given that Apple's operating system represents close to 62 per cent of the total market share, students will definitely have a market for their products. While the certificate's main focus is on creating business applications, students say they also hope to use what they learn to create the next hit mobile game.

From games to business

applications, companies and individuals alike want to ensure "there's an app for that."

As for other mobile operating systems, Surinder Padem, CTC program manager, says he and other instructors are working on creating new certificate programs to teach application development and are expected to launch an Android developer certificate next spring. Students will be introduced to Java programming and

learn to develop applications using Android 4.0 SDK. Knowledge of Java will allow them to develop apps for the Android platform, which they can then distribute through the Android market.

The eight-course Apple iPhone/iPad Developer Certificate program takes place in two full-day sessions over the course of several weeks. Each intake has 12 students. Previous programming experience is an asset, and students are expected to practise between classes.



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Discover the tools that will take your ideas from design to distribution. NAIT's Computer Training Centre offers a part-time Apple iPhone/iPad Developer Certificate that explores all aspects of Mac OS X and iOS application development. Start your certificate this January — visit us online to learn more.

Foundations of Apple iPhone/ iPad Programming [CCTB701]

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Apple iPhone/iPad Programming: Exploration of Apple Object Model [CCTB702]

February 10 to 12, 2012 Fri, Sat, Sun | \$400

Apple iPhone/iPad Programming: Working with Multiple Views [CCTB703]

February 24 to 26, 2012 Fri, Sat, Sun | \$400 Apple iPhone/iPad Programming: Accessing Data [CCTB704]

March 9 to 11, 2012 Fri, Sat, Sun | \$425

Apple iPhone/iPad Programming: Using Apple Libraries [CCTB705] March 30 to April 1, 2012

Fri, Sat, Sun | \$425

Apple iPhone/iPad Programming:
Network Access [CCTB706]

April 20 to 22, 2012 Fri, Sat, Sun | \$450 Apple iPhone/iPad Programming: Publishing and Performance Optimization [CCTB707]

May 11 to 13, 2012 Fri, Sat, Sun | \$450

Apple iPhone/iPad Programming: Project [CCTB708]

May 28 to June 18, 2012 Mon | \$495

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COURSE OFFERS HIGH DEGREE OF VERSATILITY

NAIT PROGRAM GIVES STUDENTS FLEXIBILITY

Information technology is really IT, but how do you avoid getting tangled in the web? Digital graphics and rich media design can add Flash, sure, but there is also video production, animation and game design.

NAIT's Continuing Education Digital Media and IT (DMIT) courses will appeal to students looking to enter the new two-year DMIT diploma program. This mix of core and elective credit courses is flexible, allowing students to study part time toward the DMIT diploma while maintaining full-time employment or working around personal or professional commitments.

Multidisciplinary in its approach, the DMIT program allows students to focus in up to two areas of specialization, including web design, graphic design, rich media design, video production, animation and game design.

Classes run an average of five hours per week, and each course lasts four

"DMIT offers many skill sets that can be beneficial for the business



world," explains Michael Gutierrez, 2011 DMIT graduate and current NAIT Computer Systems Support Technologist. "The reason I was attracted to the program was it provided a high degree of versatility. Another advantage is you receive more job-related technical and

practical experience because of its hands-on approach.'

By learning from master practitioners in the varied fields, students prepare for the demands of the industry. Spanning a range of career paths from business analyst to visual designer, DMIT

courses develop the key skills grads need to work effectively in a range of exciting and innovative careers.

For more information and to register for DMIT evening courses, visit nait.ca/dmit or contact the DMIT parttime office at 780-471-6248.





FLEXIBLE SCHEDULE

STUDY FROM HOME, OFFICE OR CLASS AT DIGITAL SCHOOL

For those who can't study full-time in a classroom, Digital School offers students the flexibility to study around their schedule. Study from home, your office or in a classroom to get a career in Computer Aided Design (CAD) through Digital School.

"Students have a chance to combine their creativity and love of technology that actually leads to a real career, a challenging and fulfilling design career working for leading edge energy, engineering and architectural firms," says Danny Luong, admissions adviser for Digital School.

Students have the option of taking courses online, in the virtual classroom or in a real classroom, for maximum schedule flexibility.

By structuring design courses like

real design projects in the industry, Digital School makes sure students receive the right technical design skills employers are looking for.

Digital School offers a number of CAD courses, including, Computer Aided Drafter Certificate, Architectural CAD Diploma, and Engineering CAD Technician Diploma with Process Piping Specialization.

"Digital School is a private career college that offers students a hands-on accelerated training diploma that prepares them to work in the high demand field of computer aided design right here in Alberta," says Luong.

Digital School offers students an accelerated one-year diploma program so students are out in the workforce earning money faster.

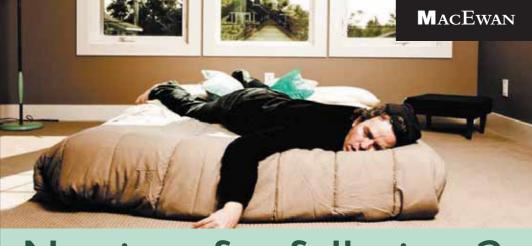
For more information about Digital School, visit it online at digitalschool.ca.

– Candice Ward

CHECK OUT AN OPEN HOUSE THIS WEEK AT DIGITAL SCHOOL

For those thinking about a career in Computer Aided Design (CAD), Digital School is holding an open house Thursday from 4-8 p.m.

Prospective students will have the opportunity to meet with instructors and find out about the many opportunities in the CAD industry in Alberta.



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U OF A OFFERS QUICK PROGRAM FOR NURSING COURSE

Get your Bachelor of Science in Nursing in two years from the University of Alberta.

Students who hold a university degree in any field of study can now study to receive a Bachelor of Science in Nursing After Degree Program through the U of A Faculty of Nursing.

"It is a quick way to get into a profession that is needed worldwide," says Karen Bulmer Smith, Year 1 After Degree Program Co-ordinator.

According to the Faculty of Nursing, students who already hold a

CHOOSE YOUR ROUND OF ADMISSION

The Bachelor of Science in Nursing After Degree Program offers two rounds of admissions in Edmonton, fall and winter. Camrose has only one round of admissions in the fall. Although the application for the winter intake in Edmonton has passed, both location are now accepting applications for the fall 2012 semester.

degree have developed critical thinking and analytical skills and, combined with career and life experience and, in many cases, additional education, these individuals make excellent candidates for this program.

After seeing a need for registered

nurses around the world, the After Degree Program was formed.

"There was a need for nurses across

"There was a need for nurses across the globe and there was a need to get them in and out of school quickly," says Bulmer Smith.

The program can be taken in either Edmonton or Camrose.

Applicants are permitted to apply to both locations, but must complete the program at the location where they have enrolled, as transfers between locations are not permitted.

The course runs year round for two years.

For more information about the Bachelor of Science in Nursing After Degree Program, visit nursing.ualberta.ca.

- Candice Ward



ATHABASCA UNIVERSITY PHO

INVESTING IN EDUCATION

AT ATHABASCA U

It is now a lot easier to get the education you have dreamed of at Athabasca University.

Thanks to the support of generous donors, AU students now have 300 per cent more scholarships and bursaries available to them.

"To realize Athabasca University's mission of removing barriers to learning, it is important to pursue means that help to reduce financial barriers for students. Increasing the number of bur-

saries and scholarships available to our students is an excellent way to reduce the financial barrier to learning," said Pamela Walsh, vice-president of advancement, Athabasca University.

In 2010, AU awarded \$900,000 in scholarships and bursaries, up from \$300,000 in 2006.

"Investing in the education of young people, and especially those who may not have access to traditional higher-education opportunities, is profoundly important," said Barry Walker, AU alumnus and chair of the university's board of governors.

"My wife and I are passionate about giving students opportunities to gain the knowledge to succeed."

Last year, Walker and his wife, Valerie, created the Walker Family Master of Counselling Scholarship and the Walker Family Faculty of Business Scholarship, which are awarded to two students annually in recognition of their achievements.

Along with these two new scholarships, the Walkers also offer AU students the Walker Family Bachelor of

HEALTHCARE BUSINESS



Commerce Post-Diploma Accounting Scholarship.

It is a \$1,000 award for students living in rural and remote areas of Canada who demonstrate academic excellence.

Another recently established bursary, the Master of Arts, Integrated Studies Making a Difference, offers one student \$2,400 each year, for a maximum of five years.

This bursary is open to part-time students who are single parents, who are aboriginal, who have a disability or who are recent immigrants and encourages this student to complete their studies.

Information on student awards is available at athabascau.ca/registrar/studawrds.php. — Candice Ward

- with files from Athabasca University

MEET INDUSTRY NEEDS QUICKLY

GRADUATE WHILE DREAMS ARE STILL FRESH AT ACADEMY OF LEARNING

The ability to fit work and school into a schedule can be a difficult task, but Academy of Learning makes it easy on its students.

By offering flexible schedules and continuous enrolment, students are able to get the quality education they want, in a shorter amount of time.

"Our graduates are able to find jobs in the careers they dreamed about when they came to us, while the dream is still fresh," says Charles Jarvis, operations manager of Academy of Learning.

Academy of Learning is a business and career college that offers diplomas in a number of fields in less than a year.

It offers career training in the main areas of health care, office administration, accounting, IT and web design.

By offering enrolment each week, year round, students will not have to wait until the next semester or worry about waiting lists.

"Our year-round intake and less-than-a-

SEE THE SCHOOL AT OPEN HOUSE

For all prospective students looking to learn more about the Academy of Learning, it will be hosting an open house Thursday from 4-8 p.m. at all of its campuses.

Each of the three Academy of Learning campuses is open to show you how you can get started on a career path and finished in less than a year.

year diploma programs produces qualified, job-ready graduates to meet industry needs," says Jarvis.

Understanding the importance of getting back out in the workforce quickly, the Academy of Learning gives students the credentials, skills and expertise they need to find jobs in today's economy.

"Academy of Learning's learning environment with our unique Integrated Learning System is both accommodating and effective, offering hands-on, self-paced learning," says Jarvis.

For more information about the Academy of Learning and its programs, visit academyoflearning.com.

– Candice Ward

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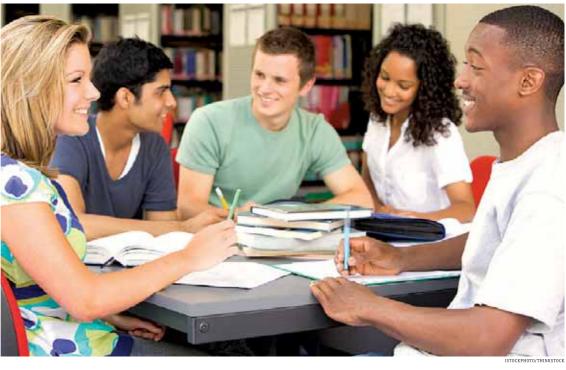
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In the 2012 Canadian University Report, MacEwan University ranked in the top five of 19 categories for postsecondary institutions with 4,000 to 10,000 students — categories that include most satisfied students, class size and campus atmosphere.

Did you also know that MacEwan University offers an innovative



learning environment? The small class sizes are part of the equation. The school emphasizes student-faculty relationships to build a micro-community in the classroom. Faculty members are

teaching-focused and committed to their students' academic success. Students and alumni continually cite the access they had to faculty members as one of the main reasons for their satisfaction with MacEwan University. Want to know what all the buzz is about? Experience an undergraduate university like no other. Come to MacEwan University.

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NAIT OFFERS UNIQUE MBA PROGRAM

CAPE BRETON UNIVERSITY'S CED CURRICULUM IS DESIGNED FOR LEARNERS

One-of-a-kind MBA program with specialization in peace building and reconstruction is now offered in Edmonton at NAIT.

Cape Breton University's Master of Business Administration (MBA) in Community Economic Development (CED) program is flexible, allowing you to complete a two-year, advanced credential part time. With community at its core, this two-year program focuses on leadership, strategy, international management and community development.

The leading-edge curriculum is designed for learners who aspire to leadership roles in the public sector, development and entrepreneurial

Graduates have included directors, generals and mayors, as well as managers, developers, and educators

Reap the benefits of small class sizes as you work through 13 core courses, two electives and a major research essay. Studying part time on select weekends means you can complete all courses at NAIT over 24 months.

Or choose the modular format especially designed with working adults in mind: Stay at the student residence in Sydney, N.S., and take classes there each July. The residential program includes short, on-site residencies followed by deliverables paced over 12 weeks.



Out-of-province learners can take four to five classes each July and complete all program requirements over three summers (26 months).

If you have completed a Bachelor of Business Administration (BBA) or Bachelor of Commerce (B Comm.) degree with 75 per cent or better in relevant courses, you may qualify for exemption from the four core business courses.

Ranked first in Canada by Maclean's magazine for

total education experience and quality of teaching, Cape Breton University's (CBU) MBA in CED has also been profiled three times in the annual MBA Guide, a publication of Canadian Business magazine. The November 2008 annual MBA Guide describes the work of Brig.-Gen. Mike Jorgensen in the CED program at CBU.

For more information on fees and application deadlines, contact mba@cbu.ca.



Earn an MBA in Community Economic Development from Cape Breton University at NAIT

COMPLETE AN ADVANCED BUSINESS PROGRAM IN LESS THAN 2 YEARS

NAIT in collaboration with Cape Breton University now offers a part-time MBA in CED

- The only Community Economic Development MBA in Alberta
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For more information:

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life

A new study shows



1 oz.

Scientists from the **University of** Barceloná found that eating nuts is linked to higher levels of serotonin, which decreases appetite and could help get rid of belly fat. Just one ounce (approx 30 grams) a day of raw walnuts, hazelnuts or almonds can boost happiness and heart health. METRO WORLD NEWS



Taylor-made abs

Women sighed, men gasped
Taylor Lautner's personal trainer
Jordan Yuam tells us how to get the
Breaking Dawn star's rock hard abs



After making fun of Taylor Lautner's hot physique, his svelte Twilight co-stars Kristen Stewart and Robert Pattinson admitted going "nuts" working out for their Breaking Dawn bikini scene. Lautner, on the other hand, had to go shirtless for the previous installments, sticking to an intense regimen throughout the saga — who's laughing now?

His workout

Lautner's trademark is his washboard abs.

"His Twilight body was perfect but it wasn't symmetrical," Jordan Yuam, his trainer throughout the entire series says. "He was so buff he almost looked cartoonish, but everything was based on the moment he took off his shirt."

When he wasn't filming, Taylor's body was 10 to 12 per cent but for Twilight, Yuam would bring it down to seven per cent.

"Taylor's always up for a challenge, he's so focused and disciplined. We'd meet up four times a week to chisel away fat," Yuam said.

In order to get Taylor ready for his role as ripped werewolf Jacob, Yuam used a combination of classic moves including hanging leg raises and reverse crunches to define his muscles.

The (super) power

"I got Taylor on the power plate," says Yuam. "It's instrumental to my work as I use it to create muscle and for post workout recovery."

He admits that he uses

YUAM'S 3 TIPS

- TENSE: The fastest way to lose your body is by over training. Never work on your abs every day or they will lose density. Others may disagree, but I believe the key to lean muscle mass is to work out under localized tension.
- Will make your oblique muscles too tight. Do your abs in both a lateral and diagonal plane to avoid a build up of tightness and loss of flexibility
- VIBRATE: The Power Plate frees up lactic acid, loosens muscles and helps you recover more quickly after a workout. You will feel less fatigue and your muscles won't be so tight.

the Power Plate "more than ever" to sculpt his clients' bodies. It's high-speed workout as vibrations (around 1,000 per minute) are transferred to your muscles causing them to contract as a reflex action. This creates internal heat that increases circulation, oxygenates blood flow around the body, flushes out toxins stored in fat cells and lactic acid.

"Working out is about recovery and the plate loosens up your stabilizers so you don't get sore. The idea isn't to do thousands of reps; 25 is enough (12 minutes on the plate). I don't believe in workouts that last more than 50 minutes," Yuam added.

Wolfing food down

"Taylor isn't naturally big.

So the key to maintaining his frame was to make sure he ate right pre and post workout. Breaking Dawn was a challenge, as we had to overlap with his Abduction body for which he was doing a lot of boxing," says Yuam. "He was burning a lot of calories and finding it hard to eat enough."

He devised a diet combining healthy fats, carbohydrates and protein.

"He ate simple carbohydrates, such as bananas, to maintain glycogen levels and provide slow energy release throughout the workout as well as whey protein blended with oatmeal to build muscle."

And right before a shirtless scene, Yuam made sure he ate no fruit and vegetables. Just like a real werewolf.

Finish the look

Taylor's tan





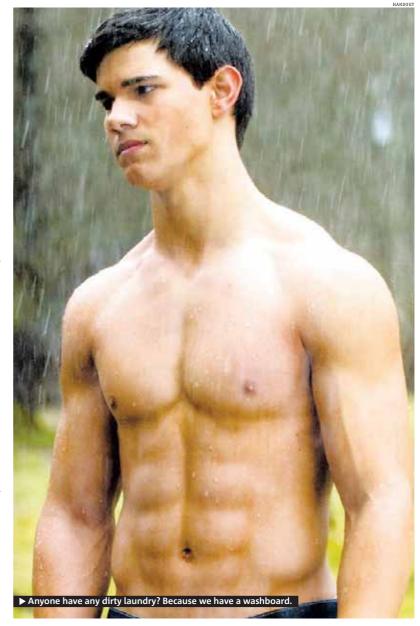
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Now go do the workout

▶ Here are four ab excercises Taylor Lautner did to prepare for Breaking Dawn ◆ Get cut with these moves



HANGING LEG RAISES

"This helped bring out and thicken Taylor's upper torso," says Yuam. "Hanging leg raises helped round out Taylor's abs. It brings out the muscles around the upper corners of the rib cage and wraps around into his back muscles. I also use this exercise to lengthen the torso. He would do various positions moving from rectal ab area to the oblique area." 12-15 reps holding for 10 counts each time

How to do it: Grab a chinup bar overhand and hang with your feet together and your knees bent slightly. Bend your knees to lift your thighs up to your chest. When the front of your thighs reach your chest, hold the position and exhale fully. Then slowly lower your knees back to the starting position, consciously inhaling fully. Try widening your legs a little more each time to increase the effectiveness

REVERSE CRUNCH

- "He would perform 3 sets at 12-15 reps."
- How to do it: Lie like the picture. Then lift your feet off the floor (six inches max) so your thighs are perpendicular to the floor and your legs parallel to the floor. Exhale on your way up, pulling your knees in toward your chest and lift your hips off the floor. As you pull your legs in twist your torso and angle both knees towards your left shoulder to work the obliques."

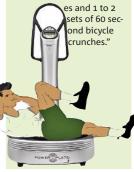


COBRA POSE

- "This move helped loosen up his shoulders after lifting a lot of heavy weights."
- "The Cobra pose on a 65 cm exercise ball made sure the front of Taylor's shoulders didn't get too tight. Holding that position no longer than five counts and then standing him up and bending at the waist with his head down
- circling the arms in each direction for eight rotations. I was alternating this movement with the Power plate to get the lactic acid and stabilizers to recover for more sets and reps."
- "Many men with anterior instability issues should utilize both moves so the inflammation in that region is minimal," Yuam said



uncomfortable and breathing must be adjusted. The direct stimulation helped tighten his whole back area. I had him do 2 sets of 60 second crunch-







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We want to see them.

If your toenails are yellow, thick, or brittle, you may have nail fungus. Not only is toenail fungus unsightly and embarrassing, but it can spread - to your other toes, from foot to hand, or even to family members.

Right now, doctors at Stratica Medical in Edmonton are taking part in a medical research study of an investigational medication for nail fungus that may help. This medication is clear and applied directly to the nail.

Space is limited. Please call **1-888-978-8398** or visit **www.ResearchTrials.org** to learn more.

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To learn more, and for a free, confidential pre-screening, please call 1-888-978-8398 or visit Research Trials.org

Best Health Minute



BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

The Truth About Salt

The Salt Institute, an American organization that represents salt companies, is getting the message out that sodium is a nutrient that's essential for good health. But wait a second; isn't salt a bad thing? Best Health associate editor Lisa Hannam went to the Heart and

Stroke Foundation of Canada and asked them to clarify things.

"Sodium does help to maintain cell balance and fluid volume in the body," says Carol Dombrow, registereddietitian and nutrition consultant for the Heart and Stroke Foundation's Health Check food program.

Salt, in proper amounts, keeps the body well hydrated and cells functioning properly. Athletes and very active adults may have to increase their sodium intake to compensate for how much they lose through sweat.

However, says Dombrow, "most people don't need to worry about under-consuming sodium. Canadians are eating way too much."

A diet high in sodium has been linked to hypertension, or high blood pressure. The adult upper limit for sodium intake per day is 2,300 milligrams — which is less than half a teaspoon — but an adequate intake to maintain good health is 1,500 milligrams. Dombrow adds that, generally speaking, you won't need to add salt to your meals to make sure you are getting enough, because sodium occurs naturally in many foods.

And a little goes a long way.

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Thoughts on ... Trying

JUST DO IT. Why should we try to learn something new every day?

Its good for you, it boosts your confidence, makes you more adaptable and better able to cope with life.

It keeps your mind active and stimulated, makes your more interesting, and expands your social horizons.

This is the means by which you will grow and develop.

Get uncomfortable

one step at a time, slowly stretching beyond your comfort zones.

When you challenge yourself to try something new you feel a sense of accomplishment and awe.

So begin today. Emphasize the trying, not the succeeding.

You will surprise yourself of how great you will feel.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

METRO CUSTOM PUBLISHING

ENJOY GIFT OF CLEAR VISION WITH LASIK

Thinking of treating yourself this Christmas? There's no better time to consider the gift of clear vision with laser vision correction.

LASIK is a safe and effective alternative to glasses and contacts as evidenced by its 20-year track record. Over that time, more than 35 million LASIK procedures have been performed around the world. The LASIK procedure corrects common refractive errors such as nearsightedness (myopia), far-sightedness (hyperopia) and astigmatism (irregular curvature of the cornea)

"The surgery is painless and quick, taking less than 10 minutes of operating room time," said Dr. Mark Cohen, cofounder and national medical director of LASIK MD, Canada's only national



BANANASTOCK/THINKS

laser vision correction provider. "The procedure is characterized by short recovery times, as most patients are able to return to work the following day with dramatically improved vision."

LASIK has minimal side-effects, and most are temporary or easily treatable. The few reports of glare and halos at night that some patients used to complain about have all but disappeared

thanks to technological advances.

You may be a good candidate for laser eye surgery even if your prescription isn't stable. Past prescription changes are not a good predictor of future changes and do not help deliver more predictable or safer results.

Another misconception is that the surgery is an unaffordable luxury. When you consider the annual costs of glasses, contact lenses and solutions, you will likely find that LASIK is more economical in the long term.

Most laser vision correction providers offer free comprehensive eye exams, which will determine your candidacy. If you are deemed a candidate, book your procedure and you will be on your way to enjoying life without glasses and contacts. — Pauline Anderson





Good grub, great pub vibe

• The Pourhouse is one neighbourhood gem worth plenty of repeat visits

LUNCH RUSH

CHRISTOPHER THRALL FOOD@METRONEWS.CA



The Pourhouse waiter knew his stuff. As we dithered over

the feature list, he recapped each brew and we settled quickly on our favourites.

As a result, my Blanche

The Pourhouse Bier

Covent Garden Market, 10354 82 Ave 780-757-7687 Price range: Mid Licensed: Yes Category: Friends, family, date or solo Rating: 5 out of 5



de Chambly (\$7.25) was nearly hops-less, with a crisp clarity that I savoured enthusiastically.

Reclining majestically next to my glass was a massive Coney Island hot dog loaded with sauerkraut and chunks of bacon (\$9.75). I abandoned the thought of

hefting it with my hands and attacked it instead with a knife and fork, thrilled with every bite.

Uninterested in a side salad, I decided on the "soup of the moment."

The spicy vegan creation made with a black currant beer from Quebec finished

with a delicious hint of barbecue sauce.

The Pourhouse is amazing: from its stunning beer list and brick, wood and leather decor to smart, engaged staff and fantastic food. With this pub in the neighbourhood, why go anywhere else?

Apple bread pudding

This yummy bread pudding uses delicious maple syrup as the sole sweetener.

Simmered away in the slow cooker, it's a real kid pleaser and — bonus — it's nutritious as well.

Preparation:

- Place bread cubes in slow cooker.
- 2 Mix in apples and cook on Low for about 4 hours or until set in centre, sprinkling walnuts over top in 30 minutes.
- To serve, spoon into bowls, drizzle each

Ingredients:

- 2 l (8 cups) slightly dry bread cubes
- •750 mL (3 cups) chopped peeled apples (such as Empire, Golden Delicious or Cortland)
- •125 mL (1/2 cup) dried cranberries or raisins
- 4 eggs
- •750 mL (3 cups) 2 per cent milk
- •300 mL (1 1/4 cups) pure maple syrup
- •175 mL (3/4 cup) chopped walnuts or pecans

with 15 ml (1 tbsp) maple syrup.

FOODLAND ONTARIO

► If someone you know lost their job, try not to draw unnecessary attention to the situation.

JOB LOSS CAN BE A TOUCHY SUBJECT

I recently ran into a friend who I know has been fired from his job. I was very uncomfortable and had no idea what to say, which made things even worse and awkward. What should I have said or done? – Jane

In these economic times most Canadians know of a friend, family member and/or neighbour who has had to deal with unemployment.

Don't judge or lecture. These days, job loss is due to the economic times rather than the person's fault. So how do we deal with this? Be kind, gracious and don't draw un-

CHARLES THE BUTLER



ASKCHARLES THEBUTLER@ METRONEWS.CA FOR MORE, VISIT CHARLES

macpherson.com necessary attention to the uncomfortable situation.

Personally, what I have done in these cases is to either not bring it up and focus on something else like, "How are the kids doing?" or, "I know you love football, what did you think of the game last Sunday?"

However, if you do feel it appropriate to bring up the situation, I would much rather say something like "How are you doing since you left your job?"

We all know the person may have been let go, but you don't need to add salt to the wound, and this shows that you care and are being sensitive.

Remember that etiquette is how you make others feel. Making others feel comfortable by being kind and gracious is always the right thing to do. HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@

SEXY AND YOU DON'T KNOW IT

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Hi, I just turned 30 and it's been a couple of years since I've dated. I didn't date mostly because of my weight, which I'm now starting to work on. I'm really social, have lots of friends and people do compliment my looks despite this, but I'm still freaked out about getting close to someone. I am interested (secretly) in one of my best buddies. He'd be great to go out with, but the problem is I know that he's a superficial guy and wouldn't see me that way. I'm worried that he's not the only one. and that I'm only eligible for weirdos. Help? - Dateless

Andrea: Dear Secret Hottie, It's pretty hard to be successful, loved and happy when you see yourself as the pits, isn't it?

First step is to get rid of that mentality. If you want to open up emotionally and date again, you can't settle for less than a 10, not the other way around.

To attract that kind of guy, practice. Just like exercise for the body, whatever makes you feel gorgeous, vibrant and alive needs to be part of your daily routine.

The second you start thinking negatively, catch yourself and consider alternatives.

Changing your mental chatter will help open up doors you didn't know existed.

Claire: Dear Secret Hottie,

You haven't told us how overweight you are, but the fact that you're working on it is excellent.

My sister is right: Whatever makes you feel gorgeous, strong and happy must become part of your life until the day it dawns on you that you *are* gorgeous, strong and happy.

And remember that

And remember that most people are so worried about their own deficiencies that they barely notice those of others. Keep us posted. You already sound gorgeous.

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GIVE A LITTLE BIT OF YOURSELF THIS YEAR

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Do you want to do something really memorable for your friends and

family this holiday season? Don't buy or receive a single gift.

Make a difference in your community by donating to charities on behalf of your friends and family.

One of the best holiday giving tools in Canada is Canadahelps.org. This organization connects donors with over 80,000 registered charities in Canada.

Canadahelps.org has a holiday program called

the Cause Wish List whereby instead of gifts (or as well as gifts), you and your friends support your favourite charities.

The program is very simple; create your account, choose the design of your 'stocking', determine how much money you'd like to raise and pick the charities you want to support.

Then, send out your Cause Wish List link to friends, family and colleagues. It's that simple!

If you don't want to raise money, volunteer instead. Organize your posse to go and pack hampers at the food bank, build a playground for your local women's shelter or spend time carolling or visiting with the elderly at a nearby seniors home.

If you're not sure what charities you're interested

in supporting, do a little soul searching.

What are you passionate about? Ensuring children have affordable access to sports? Preserving and promoting local art? Providing financial literacy education? Finding a cure to an illness that has impacted your family?

Align your giving with an organization that represents your passions.

National organizations, like Canadahelps.org and Imagine Canada, or your local community and volunteer foundations can provide you with lists of charities that reflect your values.

Be bold this holiday season! Use the spirit of giving to uplift your community.

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ALISON GRIFFITHS

MONEY@METRONEWS.CA



As the baby boomer bulge gets older there are lots of us with parents need-

ing help and kids who are still dependent.

But many who are younger than boomers find themselves in the same fix.

Take Mariah and Dawn. They're twins, 37 and very close. Mariah, divorced with two boys, lives in Vancouver and Dawn, recently separated with a daughter, is in Edmonton.

Money is tight, time tighter and they are both completely stressed about their unemployed younger brother and their seventysomething parents who live in Nova Scotia.

The twins admit they are "kind of bad" with money. But they are torn between helping their parents who have little savings and their own financial demands. Dawn has twice increased her credit limit to send money to their parents and Mariah has just flown their brother to Vancouver to live with her until he gets a job.

Neither is contributing to their kids' RESPs and both are considering stopping RRSP contributions for a couple of years.

They asked me for advice. Here it is. Whoa!



I told Mariah and Dawn to imagine they are on an airplane with their kids and the cabin depressurizes.

According to pre-flight instructions, they should put on their own masks and then help the children.

But it's hard to do when you are fearful for your kids' lives. You naturally want to help them first.

However, the fact is that if you don't take care of yourself you may not be capable of helping your kids.

The same is true of money. Mariah and Dawn should focus on putting their own financial houses in order first. Unless their brother has some kind of health problem he can fend for himself.

Nor should they start forking out money to their parents before a plan is in place for the future including the possibility of downsizing, assembling community supports, ap-

Dollars and sense

Three resources for the sandwich generation:

- Credit Education Week Canada: cewc.ca
- Financial Consumer
 Agency of Canada:
 fcac.qc.ca
- Investor Education Fund: getsmarteraboutmoney.ca

plying for seniors housing and creating a thorough budget so the twins know exactly where their parents stand. Mariah and Dawn must concentrate on their own financial health first. Otherwise they put their future welfare in jeopardy, which will leave them unable to help their family members.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOUR-SELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.



Crosby returns in style

Penguins superstar shows no signs of rust with dazzling four-point performance

The Pittsburgh Penguins would have accepted an average Sidney Crosby in his first game in nearly 11 months — a routine performance, a regular night at the office.

Instead, they got the extraordinary.

Crosby scored the game's first goal on his first shot since Jan. 5, scored again in the third period and added two assists during the NHL's most-awaited comeback game since Mario Lemieux's return in 2000 as the Penguins roughed up the New York Islanders 5-0 last night.

"I saw for a few seconds they were a little flat-footed," Crosby said of his first goal. "I was able to get some good speed built up when I got it. I knew I had a chance to go wide."

No one in the hockey world knew exactly what to expect as its biggest star played his first game in 321 days following a prolonged layoff with a concussion that caused him considerable discomfort for months. But few probably expected him to be this good, this fast, this dominant.

This much like the Crosby of old.

Even the score was the same as when Lemieux returned from a 44-month retirement to collect a goal and two assists against the Toronto Maple Leafs on Dec. 27, 2000.

The Penguins, already one of the NHL's top teams, now have a superstar looking just like the player who



was dominating the NHL scoring race at this time a year ago, when Crosby was on pace for the league's highest scoring total in 15 years before he was hurt.

Crosby was the fastest player on the ice from the very start of a memorable night.

And who could have scripted this any better — Crosby grabbed a Pascal Dupuis pass in stride on his third shift, accelerated to the net and, while fending off defenceman Andrew

"I've never been away from hockey for that long, so I'm just excited to play again."

SIDNEY CROSBY, BEFORE LAST NIGHT'S GAME

MacDonald, lifted a backhander under the crossbar 5:24 into the game. Islanders rookie Anders Nilsson, in his first NHL start, never had a chance.

It never got any better after that for New York,

which dropped its 12th game in its last 14 and its 13th in a row in Pittsburgh.

For Crosby, and the firstplace Penguins, it couldn't have gone much better.

He also took a few hard hits — the kind that can't be handed out in practice — with Travis Hamonic shoving him in the end boards during the first period. Crosby quickly jumped up, not shaken a bit.

"I was mad at myself for putting myself in that position," Crosby said. "(But) I'm glad I kind of got that over with too early on. There's going to be more hits and probably harder ones."

The standing-room crowd of 18,571 in the Consol Energy Center was predictably loud and supportive, holding up Welcome Back Sid signs by the thousands while chanting "Crosby, Crosby" as a huge No. 87 was displayed on the scoreboard before the opening faceoff.

THE CANADIAN PRESS

sports

Sports in brief

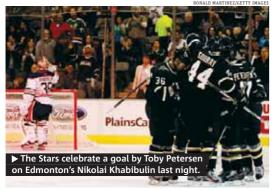


Seattle Mariners outfielder Greg Halman was stabbed to death early yesterday, police said, cutting short the life and career of one of the few Dutchmen to make it into Major League Baseball.

His club and baseball officials hailed the 24-year-old Halman as a man with a passion for the game and for instilling it in youngsters.

THE ASSOCIATED PRESS

Stars shine as Oilers come out flat in Dallas



Toby Petersen, Steve Ott and Michael Ryder each scored goals and the Dallas Stars ended a five-game losing streak with a 4-1 victory over the Edmonton Oilers last night.

Kari Lehtonen made 17 saves for the Stars, who had been outscored 21-4 during the five-game skid.

Before the game, Canadian businessman Tom Gaglardi was introduced to the crowd as the Stars' new owner and dropped the



S OII

puck for the ceremonial faceoff. Gaglardi's purchase of the team was approved by the NHL last week.

Radek Dvorak wrapped up the win with a shorthanded empty-netter with 1:24 left.

Rookie Ryan Nugent-Hopkins, who had five assists in the Oilers' 9-2 win over Chicago on Saturday night, scored his eighth goal of the season for Edmonton.

Nikolai Khabibulin stopped 31 shots for Edmonton, which is 1-5 in its past six games.

THE ASSOCIATED PRESS



more sports.

Something to build upon

Eskimos vow to 'keep heads up' after turnaround season • Key free-agent players say they want to return

The Edmonton Eskimos dressing room was ankledeep in garbage bags and disappointment yesterday after the team's decisive loss in Sunday's West Final.

However, many of the team's players and coaches said just getting that deep into the CFL playoffs was a victory in itself.

"You've been going hard for six months and you wake up one day and there's no meetings, no practice, no game to play the next week," said quar-terback Ricky Ray as coaches and players packed their bags for the off-season. "It definitely stings, especially being so close to the Grey Cup and not being able to make it.

"We've got to say, 'That was a good season, but we've got to come back a little bit more hungry for next time."

The West Final ended up in a 40-23 loss to the Grey Cup-bound B.C. Lions, but the overall season featured a reversal of fortune of the most welcome kind. A team that went 7-11 in the 2010 season racked up a record of 11-7 this year.

And perhaps most importantly, the Eskimos say they've recovered some of the team's spirit from the days when championships, not just playoff games, were the expectation.

'It seems like over the last few years, it's just been guys coming and going and we really didn't have that sense of unity," said Ray.

"(Coach) Kavis (Reed) did



a great job of bringing us all together. Hopefully, we can use this as fuel for the off-season to come back stronger next year.

"He's just done a tremendous job. I think guys bought into his system and we really came together and became a pretty tight-knit team and that always makes playing football a lot more fun."

Defensive end Greg Peach thinks the season provided a lesson in learning how to win.

"We need to start doing this every year — not just expecting playoffs, but expecting the Grey Cup," he said. "This was a good start.

"Everyone doubted us. We came out and we showed that we could compete and become one of the better teams in this league. Next year is the year for us to finish the job.'

Slotback Fred Stamps said yesterday's final team meeting was positive.

"The guys, they're hun-Nobody's hanging their head, and that's a good sign. Everybody's keeping their head up and looking forward to next

Key players, such as wide receiver Adarius Bowman now up for contract talks, said they want to return.

"I would love to see that (locker) again," he said.

Reed himself shrugged off the compliments from

the dressing room.

'When you're blessed in leadership position ... you're a steward, to make sure that you take care of what you've been given," he said.

Reed said planning for next year is already under-– "making the smart wav decisions to get bigger and faster.

But better times for the green and gold are within sight, said Ray.

'You've got to love play-

ing for the Eskimos and you've got to hate all the other teams," he said. "That's what it was like when I first came into the league. We had a lot veteran guys who just loved playing for this city and this organization and hated all the other cities.

'(This year), you could see guys really buying in to what it means to be an Eskimo here. It's a great thing

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Crossword

1 Perjured oneself

Across

- 5 Start from scratch
- 9 Craze
- 12 Farm fraction
- 13 Fermi's tidbit
- 14 Salt Lake athlete
- 15 Sprout
- 17 Depressed 18 Elevator name
- 19 Uncomfortable, as
- a mattress 21 Denominations
- 24 "Frasier" actress
- Gilpin 25 Verifiable
- 26 Light snowfalls
- 30 Have a bug
- 31 Pops
- 32 Hearty brew
- 33 Bring to mind 35 Pack cargo
- 36 Levin and Gersh-
- win
- 37 Verses 38 Huge mistake
- 40 Hawaiian island
- 42 Literary collection
- 43 End
- 48 Performance 49 Therefore
- 50 Two-way
- 51 Witness
- 52 Beams of sunlight
- 53 Read cursorily Down

1 Trail the pack

- 2 Lemieux milieu
- 3 Goof up
- 4 Remove a stripe,
- mavbe
- 5 Hindu royal
- 6 Greek vowels 7 Web address

- component 8 Brunch entrees
- 9 Denounce 10 On
- 11 Moist in the morn 16 Where — at 20 Spoon-bender
- Geller 21 Celebrity
- 22 One of HOMES
- 23 Reach a peak 24 Carson's predeces-
- 26 Corn castoffs 27 Rhyming tribute 28 Latch (onto)

29 Stitches

43 44

49

52

16

34

36

26

31 "Are You — Than a 5th Grader?"

40 41

- 34 Before
- 35 Noises
- 37 Beta Kappa 38 Sheepish remarks?
- 39 Formerly 40 Group revelry
- 41 Andy's pal, on old radio 44 Historic time
- 45 Arctic diving bird
- 46 Mai (cocktail) 47 Shade provider

Sudoku

8			3	2			7	
	3		4	1		6		
		7			1			
		3	8	6	2			
9							5	
		4	5	3	7			
		6			9			
	7		6	9		5		
1			2	4			3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Vactorda.	y's answer 🕨
resterdav	vsanswer ▶

WEDNESDAY

Max 0°

Min -6°

2	5	6	4	1	8		3	7
1	8	9	3		7	6	4	2
3	7	4	2	9	6	5	8	1
4	1	5	6	7	3		2	9
6	9	3	5	8	2			4
8	2	7	9	4	1		6	5
7	6	2	1	3	9	4	5	8
5	3	1	8	2		7	9	6
9	4	8	7	6	5	2	1	3

THURSDAY

Max 0°

Min -6°

Send a

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Stephen, Welcome home!!!! I missed you very much, It's going to be your birthday soon woohooo 20 yrs old wow Where has the time gone, I remember just like it were yesterday you waking up every half hour for something to eat you were alway hungry I guess that hasn't changed Hahaha, I love you Stephen with all my heart. **MOMMY**

Stefan LP, You are the reason I wake up every morning with a smile on my face. Knowing you are there for me is the only thing I need to get me through the day. Everyone doubts this will last: let's prove them wrong! Love you baby! YOUR BUTTERSCOTCH COOKIE

Bee, Thanks for the greatest 6 months babe. Your the best and I feel lucky everyday for having you. I love you bee. RDOMO

Today's horoscope

T Aries March 21-April 20 What you did before is irrelevant - it's what you do next that counts

¥ Taurus April 21-May 21 Don't let minor setbacks worry you because overall your prospects are remarkably good.

II **Gemini** May 22-June 21 You

can and you must be more open with those you live, work and do business with. Gancer June 22-July 22 If you

can't beat it you might as well € Leo July 23-Aug.23 You have al-

ways been adventurous, but over the next few weeks there will be

no limits at all.

TV Virgo Aug. 24- Sept. 22 Don't keep your dreams to yourself share them with family and friends you can trust.

← Libra Sept. 23-Oct. 23 The Sun's change of signs means a change of scene will do you the world of good

M Scorpio oct. 24-Nov. 22 Your confidence may dip a bit today, but you'll be back to your best very

₹ Sagittarius Nov. 23-Dec. 21 Identify your goal, and soon you will reach it

り Capricorn Dec. 22-Jan. 20

For today's crossword answers and for expanded horoscopes, go to metronews.ca

17

45 46

➤ Yesterday's answer

50

53

28

19 20

24

into the world today you may meet someone who inspires you to believe that people are not so bad

mic activity in the career area of vour chart means you will enjoy some kind of good fortune on the work front today and, most likely, for the rest of the week. SALLY BROMPTON

TODAY

Min -9° Max 5°

Some kind of hidden knowledge will be revealed to you today and if you are smart you will make good

Aquarius Jan. 21-Feb. 18

If you make an effort to get out

H Pisces Feb. 19-March 20. Cos-

Caption contest



Michele McDougall Weather Specialist

"My favourite part is reporting th weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 5:30 AM





(BI

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